Vancouver metro

Your essential daily news | WEDNESDAY, MARCH 16, 2016

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Family member a cheapskate? Advice from Ellen in metroVIEWS

BREED BLAME GAME

Most Canadians say owners are responsible for dog attacks metroNEWS

FADEL SENNA/AFP/GETTY IMAGES

'User-pay works'

TRANSIT FUNDING

Delta mayor wants all Metro Vancouver bridges tolled

Matt Kieltyka
Metro | Vancouver

A $1 toll on all Metro Vancouver crossings would generate $378 million a year, according to Delta's mayor.

Mayor Lois Jackson floated the idea publicly Tuesday, after having her staff crunch the numbers in the aftermath of the region's failed plebiscite on a sales tax for public transit funding.

Using traffic data from 2011, the report suggests the region stands to make nearly $380 million a year by charging $1 every time a vehicle crossed one of the region's 12 major bridges and tunnel.

That's more than enough to fund the region's share of the Mayors' Council on Regional Transportation's proposed 10-year, $7.5-billion transit plan.

"I guess I've gotten a bit impatient," Jackson told Metro. "I've been supporting this idea for 10 to 12 years and it's never been pursued, it's never been analyzed, so I had staff take a look."

Jackson said the estimate is a conservative one and that tolling all bridges equally would alleviate the volume and revenue problems plaguing the few existing toll bridges, like the Port Mann.

"People would take the shortest option instead of going around the long way and huffing and puffing in traffic," said Jackson. "User-pay works and it's fair."

Vancouver councillor Geoff Meggs says Jackson's proposal hits on an issue the region and province must address eventually.

"I think all of these issues have to be approached from a regional perspective," said Meggs. "The problem we face with this is that the province controls some tolled bridges, but not all of them. There needs to be a rationalization of the system."

Crossings like the Port Mann and George Massey are owned and operated by the province, while TransLink is responsible for others, like the Pattullo Bridge.

Meggs added that, traditionally, bridges in this region have only been tolled to pay for their construction, so tolling all crossings to generate funding revenue would be a shift in philosophy.

The province's transportation minister, Todd Stone, welcomes the feedback but said there's no rush to make a decision just yet.

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metro NEWS

Your essential daily news

Marco Rubio ends his presidential bid. **World**

‘Invalidated and silenced’

SECURITY

UVic’s sexual assault policy fails students, critics contend

A student says the University of Victoria failed her in its investigation of a sexual assault complaint, then warned her to stay quiet about its findings.

The student said she had to request the investigator’s report. When she received a redacted version several weeks later, an attached letter warned her not to discuss the findings with anyone other than her lawyer, family, counsellor or police.

The report determined she had not been sexually assaulted because she hadn’t verbally said “No,” even though the investigator found her to be a credible complainant, she said.

“I felt completely invalidated and silenced,” said the woman, who asked not to be named. “I was really frustrated.”

The woman and two students who work in residences have come forward with complaints that the university is failing sexual assault victims and fostering a culture of silence. The allegations emerge as universities across Canada face criticism of their handling of campus attacks.

Joel Lynn, executive director of student services, said the University of Victoria encourages the campus community to have an open dialogue about sexual violence. He said students who report assaults are connected with support workers who guide them throughout the process.

A sign created by UVic students in 2015 as part of the anti-violence project, following an assault. CHAD HIPOLITO/THE CANADIAN PRESS

He said he could not discuss specific cases, but noted investigations rely on the Criminal Code definition of sexual assault, in which silence is not considered a form of consent.

“We do not have a ‘no means no’ policy,” he said.

He said external investigator reports are first given verbally but the written report has to be requested, so that sensitive legal and privacy information about third parties can be removed.

> **We do caution students about ... disclosing third-party information.**
> Joel Lynn, executive director of student services

A copy of the letter received by the student states that “failure to maintain confidentiality may result in the university pursuing disciplinary actions with its applicable policies.”

But Lynn said support staff help students understand that it’s “their story to tell.”

“We do caution students about ... disclosing third-party information, but we certainly don’t put any barriers around students where they can’t tell their story,” he said.

Like many universities in Canada, the University of Victoria lacks a stand-alone policy to respond to sexual assaults and instead relies on a non-academic misconduct policy.

THE CANADIAN PRESS

MASSEY TUNNEL OPTION

Bridge polarizes politicos

Matt Kieltyka
Metro | Vancouver

A Metro Vancouver committee meets Wednesday to decide whether the region will echo Richmond’s call for a federal review of the George Massey tunnel replacement project.

The province plans to build a 10-lane bridge to replace the congested tunnel, but Richmond council has expressed worries that agricultural land would be affected. In February, council voted to request a federal environmental review of the plans and wants the regional district to do the same.

“If indication is that the plan isn’t just to build a bridge, but to dredge the river, then it requires a federal review,” Coun. Harold Steves told Metro.

Steves worries that the bridge, announced in 2012 to much surprise, would shift the river’s dynamic from one of agriculture and fisheries to one of industry that jeopardizes land and wildlife.

“It’s as simple as that,” he said.

Delta Mayor Lois Jackson wants the province to get on with the project despite Richmond’s opposition.

“I think it’s terrible they’re taking this position and going to the minister in Ottawa,” she said. “Traffic has been a problem since the mid-80s. We’ve been at capacity since then. You can’t get any more cars through the tunnel.”

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ANGUS REID INSTITUTE

Canadians say dogs not at fault for attacks: Poll

Thandi Fletcher
Metro | Vancouver

A Burnaby woman who witnessed her sister's puppy get brutally mauled to death in downtown Vancouver by a pit bull-type dog last year believes more governments should enact bans on so-called "dangerous" dog breeds.

On June 14, Antonella Moscone and her sister Lucy DeVita were walking with her five-month-old puppy Mila downtown when she said an unleashed male pit bull-mastiff ran towards them and attacked the dog, who died soon after.

"I know all dogs bite and I totally get that, but it's the propensity and the aggression that these bully breeds show," Moscone told Metro. "I think it's inherently bred into them more so than in any other breed."

Her opinion runs contrary to results of a new Angus Reid Institute survey, which show that the majority of Canadians (58 per cent) believe dog attacks are isolated incidents caused by bad owners, not by the breed of dog.

Forty-two per cent take the opposing view that particular breeds, like pit bulls and Rottweilers, are inherently more aggressive and dangerous.

Canadians were generationally divided on the issue, the survey found, with older people more likely to blame breeds and more likely to be supportive of policies that targeted both breeds and owners.

"What you see is an appetite to keep so-called bad owners on a short leash as opposed to banning dogs," said Shachi Kurl, executive director of the Angus Reid Institute. "Part of that is driven by age, with younger people definitely more inclined to be against a ban on specific breeds."

In recent months, there has been a slew of violent dog attacks in B.C.

In December, twin sisters were injured, one critically, following a brutal attack by a Rottweiler-Husky in Richmond, B.C. A Good Samaritan who tried to intervene was also injured.

On Christmas Day, a Fort St. John, B.C., couple were also violently mauled by two dogs in their own home.

The attacks have helped feed an ongoing debate over breed-specific legislation and whether governments should implement bans on particular breeds.

Ontario enacted a ban on pit bulls in 2005 while other jurisdictions, including the cities of Edmonton and Burnaby, have laws requiring higher licensing fees for individual dogs that have histories of biting, chasing or causing injury.

While most Canadians stop short of calling for an outright ban on specific breeds, the survey found that many do support measures aimed at reducing the risk of dog attacks.

Two-in-three (67 per cent) of survey respondents said they support breed-specific legislation requiring muzzles for dangerous breeds. However, fewer than two-in-five (39 per cent) support banning those breeds from their communities entirely.

While the majority of survey respondents do blame owners and not the breeds for dog attacks, Kurl said it's important to acknowledge that a significant portion of the population, 42 per cent, do take an opposing view.

"This is an issue where there is a majority view, but you do still have two sides growling away with very different perspectives on this," she said. "Most Canadians are not supportive of an outright ban but that doesn't mean that they aren't alive to some of the issues around safety and that there isn't, for example, acceptance toward some restrictions."

Despite most Canadians taking an opposing view, Moscone still believes there is an urgent need for a ban on dangerous breeds.

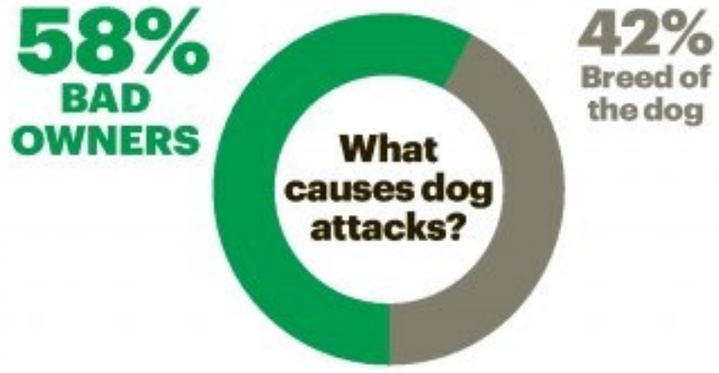
She said she is still haunted by the image of Mila lying bloodied on the sidewalk following the attack.

"It's been horrible," she said. "I can't even drive up that street without feeling anxiety.... It changed how I am as a person."

DOG SURVEY

The online survey of 1,057 Canadian adults who are members of the Angus Reid Forum was conducted between Feb. 2 and 5. The survey, which was self-commissioned and paid for by the Angus Reid Institute, has a margin of error of plus or minus 2.5 percentage points, 19 times out of 20. **For the full survey, visit angusreid.org/dangerous-dogs**

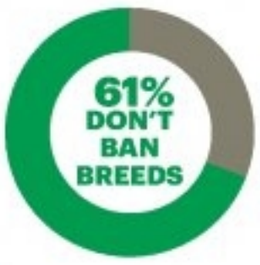
1 Most Canadians (58 per cent) say "dog attacks are isolated incidents caused by bad owners, not by the breed of dog." This feeling is stronger among those aged 18–34 and weaker among those aged 55 and older.



2 Most Canadians (69 per cent) support preventing individuals who owned a dog that attacked a person in the past from owning another dog.

3 460,000 Canadians are bitten by dogs each year. Men are more likely than women to say certain breeds are inherently dangerous (46 per cent of men do so, compared to 37 per cent of women).

4 Two-in-three Canadians (67 per cent) support requiring muzzles for breeds of dogs deemed "dangerous," but fewer than two-in-five (39 per cent) support banning those breeds from their communities entirely.



5 Only 39 per cent of Canadians are in favour of banning particular breeds (often pit bulls and rottweilers).

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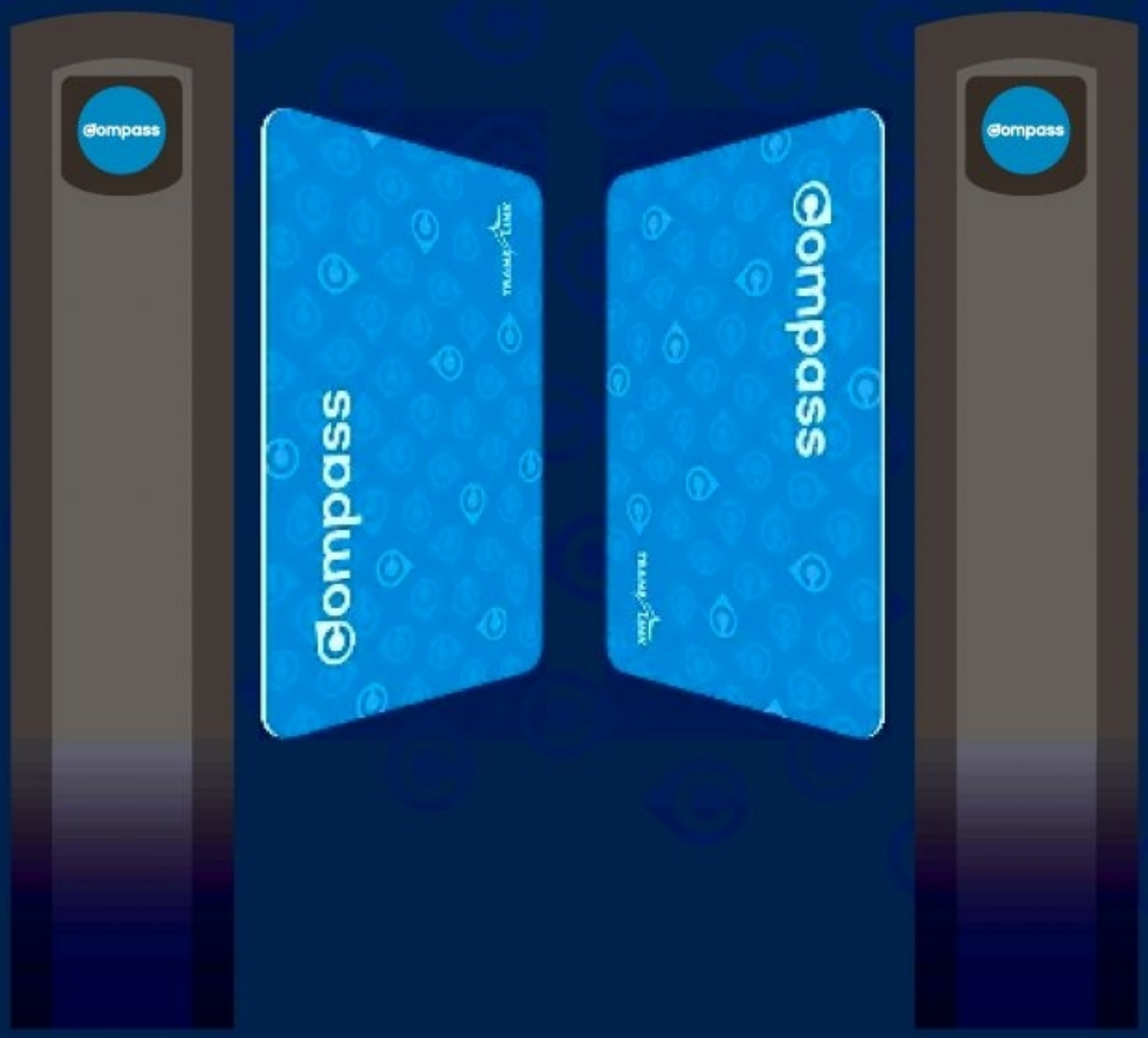

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TRANSLINK

City-owned building to rent apartments

AFFORDABLE HOUSING

Objective is to build units for families

Emily Jackson
Metro | Vancouver

Renting a three-bedroom apartment next door to the Olympic Village for $1,400 may seem like a fantasy, but it will become reality for the few Vancouverites who snag a spot in a new city-owned apartment building when it opens in 2018.

The City of Vancouver and developer Concert Properties broke ground Tuesday on a 15-storey rental building at Quebec and 1st Avenue in Southeast False Creek with 135 units — more than half have two or three bedrooms — that aims to provide affordable housing for families.

Once construction is complete, Concert will give the city ownership of the $38.75-million building and land as part of a rezoning deal for a community called The Creek that also includes four condo buildings and a 2.7-acre waterfront park.

The city will hire a non-profit operator to choose tenants with the goal of renting 40 per cent of the units below B.C. Housing Income Limits of 30 per cent of income, starting at $915 for a studio and maxing out at $1,400 for a three bedroom. (That translates to annual income from $36,500 to $56,000.)

The remaining 60 per cent of units will rent at "modest" market rents for the area.

A rendering of the 15-storey apartment building at Quebec Street and 1st Avenue. CONTRIBUTED

> **We want to ensure that families are not just able to live in Vancouver, but to thrive here**
> Mayor Gregor Robertson

Considering the current price of rent for in the neighbourhood, you can bet the city will be inundated with applications for the subsidized units.

A search of Craigslist apartment listings on Tuesday afternoon pegged the cheapest three-bedroom unit at $3,500, two-bedroom for $2,650 and a one-bedroom for $1,750. (The closest three-bedroom for less than $1,400 is at Kingsway and Nanaimo, but it's only available for four months.)

It's not clear how the selected operator will vet prospective tenants, but a city spokesperson said there is no plan at this time to reserve units for firefighters, nurses and police as was done in the Olympic Village.

Still, the city and the developer are celebrating the building as a win for affordable housing.

"We want to ensure that families are not just able to live in Vancouver, but to thrive here," Mayor Gregor Robertson said in a statement. "We recognize the affordability crisis our city is facing and city hall is doing everything we can to increase a wide range of housing opportunities in Vancouver."

"We are proud of our plans for The Creek and the contributions it is making towards the provision for new affordable housing and a future waterfront park in Vancouver," Concert President Brian McCauley said in a statement.

IN BRIEF

Skier dies at Whistler
A woman has died after falling into a tree well at Whistler Blackcomb on Tuesday.

Sgt. Steve LeClair of Whistler-Pemberton RCMP said the woman was skiing with her husband in the 7th Heaven area on Blackcomb Mountain when they became separated. A member of the public found the woman unresponsive in a tree well, he said. THANDI FLETCHER/METRO

Young children more likely to die in fires: Coroner
Children under 10 are far more likely to die in residential fires than older kids, according to a new report from the BC Coroners Service. The death-review panel report looked at 22 fires between the years 2005 and 2014 that left 34 children dead. THE CANADIAN PRESS

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Thousands flock to live video of at-risk herons

STANLEY PARK

Pricey camera purchased to watch majestic birds frolic

Emily Jackson
Metro | Vancouver

A live camera that lets curious onlookers spy on Pacific great blue herons in their nesting habitat in Stanley Park has already attracted nearly 20,000 viewers this spring, according to the Vancouver Park Board.

It's been less than two weeks since the park board pointed the camera at the herons, a $30,000 initiative that's meant to engage the public with nature, park board chair Sarah Kirby-Yung said Tuesday. Online visitors can take turns controlling the camera and zooming it in on nests of their choice.

Last year's heron camera was wildly successful — it attracted nearly 100,000 between March and August — so this year the board spent $4,900 on a high-definition camera so online viewers can get a clear view into the intimate lives of herons as they meet, mate, nest and hatch eggs.

"We're seeing all of that unfold, which is pretty rewarding," Kirby-Yung said, noting herons are a species at risk in Canada. "People need to see nature in order to appreciate it."

A Pacific great blue heron in Stanley Park. COURTESY SHELDON BILSKER

The spring marks the 16th year the herons have chosen to nest in Stanley Park next door to park board headquarters. The herons have been active early this year, with 83 active nests and eight eggs laid in the colony so far, Kirby-Yung said.

"They're creatures of habit, just like humans," she said. "They do like some quiet, but I think they like being paid a bit of attention to."

> **I think they like being paid a bit of attention to.**
> Sarah Kirby-Yung

Viewers can learn fun heron facts through the camera, including that males and females share domestic duties such as guarding their eggs. (Female herons get the final say if a stick gets to become part of the nest, though.)

REVIEW

Halt probe: Chief of police

Victoria's embattled police chief wants to block efforts to launch an external review into allegations he was having an affair with the wife of an officer under his command.

In court documents filed this week, Frank Elsner claims the province's police complaint commissioner doesn't have the authority to order a second, external review following a confidential internal probe.

"I never imagined that the police complaint commissioner could commence another investigation when I had already accepted discipline for my conduct," Elsner wrote in a court affidavit dated March 14.

"I strongly believe my reputation has been irreparably tarnished and my career in policing is over, regardless of the outcome of the investigation."

Allegations surfaced in the media in December that Elsner had sent inappropriate Twitter messages to a colleague's wife, who was herself an officer in a neighbouring jurisdiction.

This week's court documents say Victoria Mayor Lisa Helps and Esquimalt Mayor Barb Desjardins, who co-chair the municipalities' shared police board, were aware of the allegations as early as mid-August.

In his affidavit, Elsner said he received assurances from Desjardins that by consenting to the appointment of an independent investigator the matter would stay in-house. THE CANADIAN PRESS

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Depression's inspiration

FASHION WEEK

Designer's struggle for mental health led to collection

When Samantha R. Crossland sees her latest collection debut at Vancouver Fashion Week on Thursday, she expects to feel a sense of relief.

Although the Minneapolis-based fashion designer, who designs under the name Samantha Rei, often tries to tell a story through her work, she said this is the first time her creations will be telling her own story.

Samantha R. Crossland designs under the name Samantha Rei. CONTRIBUTED

"This is a very personal collection," Crossland told Metro. "It's probably the most vulnerable I've ever been. I call it my therapy collection."

Over a period of about 16 months, Crossland said she struggled with depression—the worse she said she has experienced since her last bout seven years ago.

"It's just one of those things — you feel it coming on, you think it's going to be all right but then it just doesn't go away," she said.

Not keen on the idea of taking medication, Crossland said she turned to her art as a creative outlet of choice.

The result? A unique new collection that she described as a radical departure from her previous work.

Originally an alternative designer, Crossland began her fashion career in 2000 with her label "Blasphemina's closet," which she described as being influenced by lolita fashion, a street style that originated in the 1980s in Tokyo's Harajuku district.

Black and white, texture and asymmetrical lines dominate the latest collection from fashion designer Samantha R. Crossland. CONTRIBUTED

Looking for a change in 2013, her design esthetic took a turn when she closed that label and started fresh with her new label, which she described as feminine and whimsical.

This season, Crossland designs are again a new style for her. While her usual pieces are ultra colourful, her new collection is entirely black and white with a couture flair, asymmetrical lines and tons of texture.

"Weirdly, once I finished it, I felt better for the first time," she said. "I'd been on the up and up, but I feel awesome now like I used to. Sometimes artists just need to get it out."

The decision to open up about her struggle with depression wasn't an easy one. At first, Crossland said she was concerned people would view her work differently.

"A lot of people view artists as two different things: Either their identity is depression, or they're fine," she explained. "I was really worried that if I said anything, people would see me as this depressed person when I'm not. I'm a happy, bubbly person but sometimes happy, bubbly people get bogged down by darkness."

After talking to friends and family, however, who encouraged her to share her struggle, she changed her mind.

Crossland said she hopes others who may have mental health issues feel supported when they hear her story and see her designs this week.

Samantha Rei hits the runway at Vancouver Fashion Week at 6:45 p.m. Thursday.

IN BRIEF

Recent ward of state died: Youth representative

British Columbia's independent representative for children and youth says a young woman has died tragically after receiving government care.

Mary Ellen Turpel-Lafond says the 19-year-old woman was trying to navigate the system of youth support after she was no longer involved with the Children's Ministry.

No information about when the woman received government services or the cause of her death has been released, but coroner Barbara McLintock says an investigation is underway.

Turpel-Lafond says that at this point in the investigations by police and the coroners service, she can only express her profound sadness and offer support to the woman's family and friends.

She says the death is a reminder of the frailty of the lives of some young people in B.C., especially aboriginal youth as they move into adulthood.

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- Aberdeen Mall
- Lansdowne Village

KELOWNA
- Dilworth Shopping Centre
- Orchard Park

LANGLEY
- Willowbrook Corner
- Willowbrook Shopping Centre

MAPLE RIDGE
- Haney Place Mall

NANAIMO
- Country Club Centre
- Woodgrove Centre

NEW WESTMINSTER
- Queensborough Landing

PENTICTON
- Peachtree Square

PITT MEADOWS
- Meadowtown Centre

PRINCE GEORGE
- Pine Centre Mall

RICHMOND
- Aberdeen Centre
- Richmond Centre

SURREY
- 13630 72 Ave.
- 8363 B – 128th St
- Central City Shopping Centre
- Clover Square Village
- Guildford Town Centre
- Panorama Village
- Semiahmoo Shopping Centre

VANCOUVER
- 1147 Robson St.
- 698 West Broadway
- 2154 West 4th Ave.
- 2065 West 41 st Ave.
- 1588 West Broadway
- 1038 West Georgia St.
- Capilano Mall
- Lynn Valley Centre
- Oakridge Centre
- Pacific Centre
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Fighter lost lifelong battle with depression

NOVA SCOTIA

Sought help, but wait list for psychiatrist too long

Dylan DesRoche
For Metro | Halifax

Cody Glode was seen as a true warrior, both inside the ring as a mixed martial arts athlete, and outside of it, battling blazes with Truro fire services.

But there was one battle that was too much for the young Millbrook man. He lost his battle with depression on March 1 when he took his own life.

"We could see the illness starting to literally take over him," said Cody's mom, Lisa Glode, in an interview with Metro on Tuesday.

She said her son had been battling depression since he was 12 years old. But he seemed to handle it well.

Cody Glode, left, with his trainer after winning a MMA fight last year in Halifax. MARTIN BLAIS / CONTRIBUTED

All of that changed in February, and as Cody's symptoms worsened, he reached out to his parents for help.

Cody and his mother first tried a mental health crisis line. The service told Lisa it takes a "little while" to see a psychiatrist, and suggested Cody go see his family doctor. Cody took the advice, and made an appointment to see his doctor.

Matthew Glode, Cody's dad, said when his son returned home Matthew was immediately concerned.

"When he came in the house that day he was a defeated man," said Matthew.

At his doctor's appointment, Cody was told he needed to wait another two months.

"If I went to the hospital with pains in my chest, they would do everything in their power to help me right then and there, they wouldn't send me home and say see you in two months," said Matthew.

"Something has to be done, to change the way mental illness is viewed, and how these people are treated," his mother added.

The 20-year-old was the youngest firefighter in the history of Truro's fire service and also the first aboriginal firefighter.

More than 800 people attended his funeral.

Lisa and Matthew have been overwhelmed by the number of people approaching them and sharing stories of how Cody impacted their lives.

"He just always had time for others," said Lisa.

The Glodes are hoping people will realize mental illness can affect anyone, and that it's not a sign of weakness, but of strength.

COMMUNITY

Tapping greatness

Emma Jackson
Metro | Ottawa

Being a good neighbour can reap sweet rewards.

At least, that's what a group of families in Ottawa have realized after tapping their frontyard maples for the sugar sap they can turn into syrup.

Paul Hempel is the ringleader of the urban maple tapping operation on Huron Avenue North.

Six years ago, he asked his neighbours, the Laytons, if he could tap the 75-year-old silver maple in their front yard.

The Layton boys Francis and Yannick were excited to help check the buckets every day for sap before transferring it into Hempel's big white storage containers.

Their neighbour, Julia Lipinska, got in on the action, too. She has a matching maple on her lawn.

There are eight taps altogether, four on each 36-inch-diameter tree.

Hempel thinks he'll get five litres of maple syrup from them this season.

He'll share the spoils: Francis and Yannick each get a bottle on their birthdays, and he hands it out at Christmas.

IN BRIEF

Stabbing suspect charged
A man who allegedly said Allah instructed him to kill was charged Tuesday with stabbing and wounding two uniformed soldiers at a Toronto military recruitment centre a day earlier. Ayanle Hassan Ali, 27 has been charged with nine counts: three attempted murder, two aggravated assault, three assault with a weapon and possession of a dangerous weapon. THE CANADIAN PRESS

Canada wants UN Security Council seat back
Prime Minister Justin Trudeau plans to seek a seat for Canada on the UN Security Council. Canada lost its last bid after a string of six terms. THE CANADIAN PRESS

Trump, Clinton pad leads

PRESIDENTIAL PRIMARIES

Both score key victories; Rubio forced out of race

Donald Trump's much-discussed fingers have tightened their grip on the Republican presidential nomination, strengthened by a dominant performance Tuesday as the primaries entered their second half.

Key primary wins brought Trump closer to the magic 50 per cent pace he'd need to secure a first-ballot victory and avoid a challenge at the Republican party's summer convention.

He entered the evening with about 40 per cent of the delegates pledged so far and appeared likely to end it hovering somewhere around the 45 per cent mark, which still leaves him short of that coveted clip.

Trump was poised to win as many as four of the five states voting. He easily won the greatest prize, Florida; held a solid lead in early results in Illinois; and held smaller advantages in North Carolina and Missouri.

Republican presidential candidate Donald Trump holds a plane-side rally at Youngstown-Warren Regional Airport in Vienna, Ohio, on Monday. GENE J. PUSKAR/THE ASSOCIATED PRESS

> **Nobody in the history of politics has received the kind of negative advertising that I have.**
> Donald Trump

"Nobody in the history of politics has received the kind of negative advertising that I have. Record, record, record. Mostly false — I wouldn't say 100 per cent but about 90 per cent," Trump told a jubilant rally in Florida.

"You explain it to me — because I can't. My numbers went up." His biggest triumph was knocking out the great-right-hope of party brass Marco Rubio. Trump beat the young senator in his home state of Florida, forcing him to withdraw from the race.

It was sweet revenge: Rubio had worked an old gag into his stump speech about the size of Trump's fingers and used it to make unflattering insinuations about other parts of his anatomy.

Trump got the last laugh. He obliterated him by nearly 20 percentage points on his own turf — prompting Rubio's immediate resignation, to the delight of Democrats who'd feared the youthful lawmaker.

Trump picked up big blocs of delegates, who will actually pick the Republican nominee at the July convention. As the nomination race officially passed its halfway point Tuesday, it held its first winner-take-all contests.

Until now winners in each state had to split delegates proportionally. But delegates are now being awarded in bulk to the No. 1 finisher in some states, with Trump winning most.

Trump appeared likely to end the evening with about 650 delegates; Texas Sen. Ted Cruz with about 400; Rubio with less than 175; and Ohio Gov. John Kasich with less than 150. Winning the nomination will require 1,237 delegates on the convention floor in Cleveland in July.

THE ASSOCIATED PRESS

OBAMA ADMINISTRATION

New rules reinforce U.S.-Cuba relations

Barack Obama
GETTY IMAGES

The Obama administration punched a new series of holes in the U.S. trade embargo on Cuba on Tuesday, turning a ban on U.S. tourism to Cuba into an unenforceable honour system and paving the way for Cuban athletes to one day play Major League Baseball and other U.S. professional sports.

Five days ahead of the first presidential trip to Havana in nearly 90 years, the U.S. also eliminated a ban on Cuban access to the international banking system. The inability to send or receive payments that passed through the U.S. banking system had crippled the country's ability to trade with third countries and became a major hindrance to the U.S. attempt to normalize relations with Cuba.

THE ASSOCIATED PRESS

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MIDDLE EAST

Turkey IDs Ankara bomber

Turkey on Tuesday identified the attacker who carried out a deadly suicide bombing in Ankara as a 24-year-old woman who allegedly became a Kurdish rebel in 2013 and had trained in Syria.

An Interior Ministry statement identified the suicide car bomber blamed for killing 37 people, including herself, on Sunday as Seher Cagla Demir. A possible male accomplice, who was also killed, has not yet been identified.

The statement said Demir joined the outlawed Kurdistan Workers' Party, or PKK, then crossed into Syria and received what it called "terror training" from an allied Syrian Kurdish militia.

Turkey considers the Syrian Kurdish militia - known as the People's Protection Units, or YPG — as a terror organization because of its affiliation with the PKK and has been pressing the United States to stop helping the group. Washington considers the PKK a terrorist organization but has backed the YPG, which has been effective in fighting the Islamic State group.

Turkey had blamed the Syrian Kurdish militia force for a Feb. 17 bombing in Ankara that killed 29 people, saying the group had acted in concert with the PKK.

But a Turkey-based Kurdish militant group that is an offshoot of the PKK later claimed that attack.

No group has yet claimed Sunday's attack in the capital.

THE ASSOCIATED PRESS

MICHIGAN

Ex-officials point fingers at hearing on Flint water crisis

Former city and federal officials pointed fingers at one another for failing to protect the 100,000 citizens of Flint, Michigan, from lead-laced water at a congressional hearing Tuesday, as Republicans targeted for blame an Environmental Protection Agency (EPA) executive who resigned as the crisis worsened.

Amid withering criticism, Susan Hedman sought to defend the EPA's actions to deal with the contamination in the predominantly African-American city. "I don't think anyone at EPA did anything wrong, but I do believe we could have done more," said Hedman, the former director of the EPA's Midwest regional office.

Hedman stepped down Feb. 1 over what she called "false allegations" that portrayed her as sitting on the sidelines during the crisis and that she "downplayed concerns raised by an EPA scientist about lead in the water."

The scientist Hedman was referring to is Miguel Del Toral, a regulations manager in the groundwater and drinking water branch of the Midwest office.

Hedman denied the EPA had disciplined Del Toral, who had warned of dangerously high levels of lead in a June 2015 memo and later criticized the agency for not taking swift action.

Rep. Jason Chaffetz, R-Utah, chairman of the House Oversight and Government Reform Committee, said Hedman "dismissed" Del Toral's warnings.

THE ASSOCIATED PRESS

Loblaws slips on ketchup

FOOD

Outcry forces supermarket to restock French's

Jessica Smith Cross
Metro | Toronto

A Toronto store recently swapped out their ketchup brand in favour of French's. LIZ BEDDALL/METRO

Call it the Canadian ketchup revolution.

Canucks, riled up with a nationalistic fervor, rose up against the country's biggest supermarket chain this week over its decision to stop stocking French's ketchup. Thousands turned their social media pitchforks on Loblaws, and Ontario MPP Mike Colle wrote the company asking for the decision to be reversed.

By Tuesday, the grocer had bowed to public pressure, pledging to return French's to its rightful spot.

It was all a little crazy. But, there's a good reason French's — produced in Leamington, Ont., with local tomatoes — suddenly became so important to the Canadian collective. Moving well beyond the lunch counter, it came to represent Canadian jobs at a time when people are feeling a deep unease about the future of manufacturing, one expert said.

"We're used to thinking about a brand in simple attributes — maybe it tastes good and it doesn't cost a lot — but it turns out they can also have important cultural significance, about jobs and economic conditions," explained Markus Giesler, a professor at York University's Schulich School of Business.

"But that connection needs to be made by someone. In this case, it was that Brian Fernandez guy."

Fernandez, who lives in Orillia, assigned meaning when he posted on Facebook that he'd bought French's and liked how the company reopened the ketchup processing plant in Leamington, saving 740 jobs that were lost when Heinz pulled out two years ago.

His post has been shared more than 130,000 times since last month.

Fernandez didn't even know where Leamington was when this all started. But learning how Heinz's decision put plant employees, farmers and truck drivers in a financial bind and how many people got their jobs back when French's came in, struck a chord with him.

"These are blue-collar jobs, manufacturing jobs, where you go and do the job without a pat on the back or getting promoted to CEO — and that's just like myself," Fernandez told Metro.

EMPLOYMENT INSURANCE

Jobless kept waiting

Newly released figures show jobless Canadians are waiting days for answers to their employment insurance questions, and a month or more to find out if they are going to receive benefits.

The figures tabled in Parliament last week show 297,586 employment insurance applicants waited more than 28 days for a decision on their files between April 2015 and January of this year.

THE CANADIAN PRESS

market minute

DOLLAR	74.84¢ (-0.53¢)
TSX	13,400.31 (-77.23)
OIL	$36.34 US (-84¢)
GOLD	$1,231 US (-$14.10)

NATURAL GAS: $1.851 US (+3.2¢)
DOW JONES: 17,251.53 (+22.40)

metro VIEW

Your essential daily news

Wednesday, March 16, 2016

BURIED
University of Illinois researchers estimate only nine per cent of today's threatened mammals will **show up in the future fossil record.**

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

My family makes a point of going out for birthdays and special occasions. Everyone takes their turn to pick up the bill — except my first cousin. How can I make him understand he can't treat everyone like a free meal ticket?

Dear Ellen,

My first cousin does not pay for any meals at all. The rest of my family and my in-laws are extremely polite and make a point to go out to enjoy each other's company for birthdays, holidays, graduations or special occasions. Everyone takes their turn to pick up the bill. Except him. He is over 40 and gainfully employed, which gives him no excuse not to pay once in a while. How can I make him understand that he cannot continue to treat everyone around him as a free meal ticket?

Ricardo

Dear Ricardo,

There are few social sinners more annoying than a cheapskate. Even if money is no object for you personally, it's galling to be constantly taken advantage of by the family freeloader.

The old-fashioned approach in some circles would be to say nothing, suck it up, and haul out your wallet without a whimper time and time again. Personally, I sometimes think this old-fashioned approach is a bit too close to the "brave" Spartan boy who let a stolen fox eviscerate him under his cloak rather than show "weakness" by revealing the hidden contraband. Why suffer just on principle? It's always acceptable to speak up if a small creature is gnawing on your guts, or if you are being subjected to rank injustice by a stingy relative.

If you choose to suffer in silence, it's not really fair to expect other people to consider your feelings.

On the other hand, I've often been guilty of "polite" forbearance myself, when really I was just too lazy or cowardly to risk a confrontation with some rude or careless person. If you choose to suffer in silence, feel free. But in that case, it's not really fair to expect other people to consider your feelings, when they have no idea what your feelings are.

If you choose not to suffer in silence, make sure you give your cousin the benefit of the doubt before you say anything. Could he have financial worries you don't know about? He may be tormented by the fact he can't pay his share, and want to die on the spot every time the bill comes and he can't afford to chip in.

It's also possible he's not avoiding the bill on purpose. Sometimes people are not cheap, just clueless as they fail to notice that someone else always pays. He'd possibly be mortified at the thought of being called a cheapskate behind his back. In this case, consider his feelings and tread lightly as you gently suggest he take his turn picking up the next bill.

In fact, tread lightly even if you know for a fact that he has the money but chooses not to pay because he wants to deliberately take advantage of the rest of you. (Short of a signed confession, I don't know how you'd establish this fact, but anything's possible!) There's nothing to be gained by getting into a brawl with someone so selfish and disrespectful.

Speak up, and keep it short and sweet: "Hey, cuz, we've all been kind of taking turns picking up the tab, but I think you fell off the roster — you want me to remind you next time?"

Whether he takes the hint or not, you can at least take the pressure off yourself. You've made your point. And he's not fooling anyone.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD

metroview

Terrorism is a terrible fact of life. We can't let it drive us to hate

All kinds of things are "the kinds of things" that happen in Canada.

Among them, acts of terror.

Police are still investigating whether Toronto was hit by a terror attack Monday, when Montreal-born Ayanle Hassan Ali barrelled into a military recruiting centre in Toronto, stabbing two Forces members and shouting, "Allah told me to come here and kill people."

But whatever this investigation reveals, we should be prepared for domestic terrorism. And our reaction should, I think, be split: some outrage, and something more like preparedness. Not complacency, not anything so passive as acceptance, but understanding that this is the world, and the country, we live in now.

Extremism has a platform on the web it has never had before. Dangerous ideas spread rapidly. Individuals can commit terrorism unaided, untethered to an organization. People born in Canada, and people radicalized here. Witness Parliament Hill, 2014.

Canada's borders, and our distance from Islamic terrorism's epicentre in the Middle East and North Africa, can't shield us. Our intelligence and law enforcement agencies, however, aren't doing such a bad job, according to security expert Martin Rudner. Last year, the RCMP prevented 30 terrorist plots targeting Canada, Rudner said.

Rudner, founding director of the Canadian Centre of Intelligence and Security Studies at Carleton University, argues lone-wolf attacks should be taken very seriously.

People don't need the support or direction of an established terrorist group, he notes. They only need inspiration for an attack, which is easily found online from groups like Islamic State that explicitly advocate targeting Canada.

Preventing attacks is obviously the top priority, but Rudner says trial and conviction of terror suspects (something we've done, notably with life sentences for both attackers in the Via Rail plot) is also key to disrupting any terrorist's key goal: to sow fear.

The real question going forward, Rudner says, is "What happens beyond this?"

How do we prevent attacks from inspiring others to act? How to we stem hate?

Partly, by dealing with our own hate. So it was a relief to hear the Toronto police chief's almost-exasperated comments yesterday.

"I don't want this categorizing a large group of people; that will be very unfair and very inaccurate," he told media. "Don't go to that Islamophobic nonsense."

Terrorist acts are a "new normal," to quote New York Gov. Andrew Cuomo. That's not to accept them, but to recognize where we stand. And what we stand against.

metro
Your essential daily news

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Your essential daily news

Indiana Jones and The Actually For Real, Seriously (We Promise) Last Crusade #FakeIndy5Titles

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Twitter reacts to news that Harrison Ford, 73, will reprise role in fifth Indiana Jones movie

Patak heiress's new cookbook

INTERVIEW

Second book remixes Indian classics for new generation

Emina Gamulin
Metro | Life

If you've ever cracked open a jar to make Indian food, chances are you've already been influenced by chef Anjali Pathak's palate.

Her grandfather, born into a family of poor farmers in Gujurat, India, started the Patak brand in 1962 while living in London (the 'h' was dropped so anglophones wouldn't get confused). By the time Anjali was born, her father was in charge of the family business, and the brand was an international success.

Pathak's earliest memories involve working on making rotis with her grandma and acting as an unofficial taste-tester for the Indian food brand. Today, the Patak line of curries, sauces and spices is available in 50 countries, where it is almost always the market leader, and the company employs 700 people around the world. The family sold the business nine years ago to grocery giant Associated British Foods, founded by Toronto-born W. Garfield Weston.

Anjali Pathak challenges culinary stereotypes. HANDOUT

While Pathak has stayed on as the brand's ambassador, she also continued on her own food journey, refining her palate through French cooking school, working for Jamie Oliver and writing her first cookbook, which she co-authored with her mom.

Her second cookbook, available now, is The Indian Family Kitchen: Classic Dishes for a New Generation, a collection of 120 Indian and Indian-inspired recipes.

"It's more of a modern way to eat Indian food and Indian spices," Pathak told me at her publisher's office during a whirlwind trip to Toronto (she is currently based in Mumbai where she is building up her food studio Flavour Diaries). "Indian food can be perceived as a bit heavy, like you need an endless ingredient list and everything takes so long, but actually it doesn't."

She challenges these culinary stereotypes with simple takes on classic Indian dishes like dal and chicken masala; western favourites kicked up a notch, like her blazing burger and smokin' ribs recipes; as well as desserts like coconut and ginger cheesecake and an assortment of cocktails.

There's also an entire section on spices. Ever used asafetida/hing before? I hadn't, but I was psyched to discover this oodball spice. Sold in what looks like a bottle for painkillers, its smell is a curious mix of delicious and dank, but when added to cooking mellows out for a savoury taste.

"I love green cardamon, and I love smoked paprika — I'm obsessed with it," says Pathak of her current favourites, while noting that all spice will bring something different to your food — and the taste will change every time it's used.

"Throughout the book I do talk about how quality of spice is important, so that's why it'll taste slightly different every time you cook it. If you use it that day, the week after, a month after — it's going to change," she says.

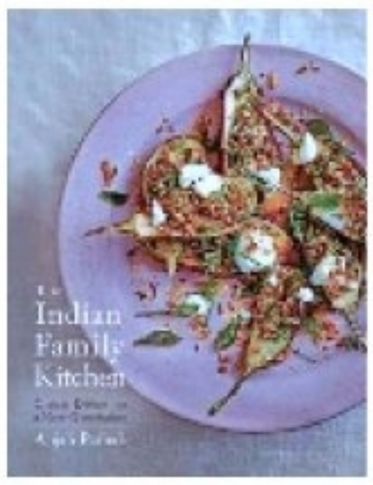
"They're potent little flavour bombs, so even if it doesn't taste offensive, it's not going to be the same as you made last time."

Add a kick to your tiger shrimp with spices from the southern shores of India. HANDOUT

METRO TESTED

Last year, I spent a month in India, and while I never met a meal I didn't like, I had yet to put my spice souvenirs to good use. After trying some of Pathak's recipes for myself, I can vouch for their deliciousness. I was most successful with this tiger shrimp recipe: It tastes amazing, even reheated at the office, and presents beautifully, while taking relatively little time to make.

EMINA GAMULIN/METRO LIFE



EXCERPTED FROM THE INDIAN FAMILY KITCHEN BY ANJALI PATHAK. APPETITE BY RANDOM HOUSE EDITION PUBLISHED 2016. PUBLISHED IN CANADA BY APPETITE BY RANDOM HOUSE, A DIVISION OF RANDOM HOUSE OF CANADA LTD., A PENGUIN RANDOM HOUSE COMPANY. ALL RIGHTS RESERVED.

EXCERPT

Tiger Shrimp with Lime, Ginger & Mustard Seeds

Shrimp are quick to cook and somehow feel rather exotic. This recipe borrows spices from the southern shores of India and I tasted a dish similar to this when I was learning about the local cuisine. My mouth was on fire with the chiles, but when I got past it I found the flavor to be delicate and delicious. I have toned down the chiles and added some background warmth by using fresh ginger instead.

I've used tiger shrimp and removed most of the shell, apart from the tail. I prefer to leave the tail on, as it means that you have something to hold on to when biting into the shrimp, but you can take the entire shell off if you prefer. Just make sure the shrimp are raw and that they have been deveined.

Tiger Shrimp with Lime, Ginger & Mustard Seeds
Serves 4

Prep time 10 minutes
Cook time 10 minutes

Ingredients:

- 2 Tbsp vegetable oil
- 1 cinnamon stick
- 1 tsp black mustard seeds
- 1 tsp ground turmeric
- 1/2 tsp black peppercorns, crushed with a pestle and mortar
- 20 fresh curry leaves
- 2 scallions, finely sliced
- 1 fresh red chile, finely sliced
- 1 Tbsp peeled and julienned fresh ginger
- 20 raw jumbo shrimp, shells removed but tails left on, deveined
- good pinch of sea salt
- good drizzle of honey
- 2 Tbsp roughly chopped cilantro
- juice of 1/2 lime, to taste

Directions:

1. Gently heat the oil in a large skillet and add the cinnamon stick, mustard seeds, turmeric, peppercorns and curry leaves (if using). Once they start to sizzle, stir through the scallions, chile and ginger and allow to soften for around a minute.

2. Stir in the shrimp and watch how they turn to a golden pink color. Flip them over and sprinkle over a good pinch of salt. Once they are cooked through — and it won't take long, only a few minutes on each side — drizzle over the honey and sprinkle in half the cilantro and the lime juice. Mix well and serve sprinkled with the remaining cilantro.

Pad out Thai repertoire with authentic recipes

Northeastern Pork Rib Soup with Toasted Rice. CONTRIBUTED

NEW COOKCOOK

A soup to warm you up for more from Hot Thai Kitchen

Yes, there is a pad Thai recipe in Pailin Chongchitnant's cookbook, Hot Thai Kitchen, but you can google a hundred similar recipes. More interesting are lesser-known dishes like tamarind shrimp, five-spice vegetable stew, nam jim (a sweet and spicy seafood-based dipping sauce that is tasty on everything) and, for dessert, coconut pudding cups.

Her Northeastern Pork Rib Soup with Toasted Rice recipe makes an outstanding meal. The pork falls off the bone; the broth has a zesty bite; and the aroma is fruity and herbaceous.

While the recipe is easy (it's basically throw stuff into a pot and simmer), follow the cooking times carefully before adding the next ingredient.

TORSTAR NEWS SERVICE

Northeastern Pork Rib Soup with Toasted Rice

Makes 2 to 4 servings.

Ingredients:

- 1 Tbsp (15 mL) jasmine rice
- 3 shallots, skins removed and sliced in half lengthwise
- 5 to 10 whole small dried chilies
- 1 lb (16 oz) pork spare rib tips, cut into 1 1/2-inch pieces
- 4 cups (1 L) cold water
- 1/2 tsp (2 mL) salt
- 6 cilantro stems
- 6 fresh kaffir lime leaves, roughly torn
- 2 stalks lemongrass, bottom half only, smashed and cut into 2-inch pieces
- 8 thin slices galangal
- 2 Tbsp (30 mL) fish sauce
- 2 cups (110g) oyster mushrooms, cut into bite-sized pieces
- 3 Tbsp (45 mL) lime juice
- 1/3 cup (80 mL) chopped cilantro

Directions:

1. In a small skillet over low-medium heat, toss rice until golden brown, about 3 to 5 minutes. Remove from heat. Grind toasted rice into a coarse powder using a mortar and pestle or a spice grinder. Set aside.

2. Wipe skillet clean and place over medium heat. Place shallots cut side down on pan, stirring occasionally to prevent sticking. Cook until slightly charred, about 4 to 5 minutes. Remove from heat and set aside. Turn heat down to medium-low. Toast dried chilies in pan until fragrant, about 1 to 2 minutes. Remove from heat and set aside.

3. Rinse spareribs under cold water and drain. Transfer to medium-sized pot. Add 4 cups cold water and salt. Bring to a slow simmer. Continue simmering for 15 minutes. Skim fat from surface and discard.

4. Add cilantro stems, charred shallots and toasted chilies. Continue cooking on a gentle simmering for 30 minutes or until pork is fork tender.

5. Remove cilantro stems. Add lime leaves, lemongrass, galangal and fish sauce. Simmer for 5 minutes.

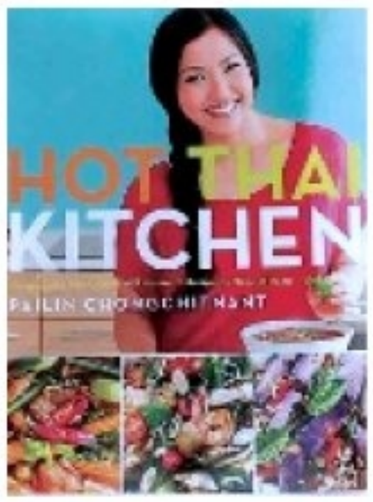
6. Add mushrooms and simmer for another 1 to 2 minutes until tender. Remove soup from heat. Add lime juice and chopped cilantro. Taste. Adjust seasoning as needed.

7. Garnish with toasted rice just before serving. Serve with steamed jasmine rice.

Kitchen tips:

Galanga-what? Galangal looks similar to regular ginger but has a smoother skin and much harder texture. It can be found in Asian grocers and at No Frills located in large Asian communities.

Where do I find lime leaves? You can find them wrapped in Styrofoam trays, in the produce section of Asian grocers. Store them in the freezer.



Because you can't think of anything other than pad Thai at the very mention of Thai cuisine, YouTuber-turned-cookbook author Pailin Chongchitnant has written Hot Thai Kitchen, a just-released guide to her country's cooking with recipes for dishes you won't find on a takeout menu.

The book includes chapters on regional variations of Thai cuisine, drink pairings, kitchen tools, techniques, notes on dietary restrictions and allergies, as well as detailed ingredient explainers.

It's a very good primer to Thai cuisine, in addition to being a cookbook.

TORSTAR NEWS SERVICE

HOT THAI KITCHEN STREET-STYLE FRIED BANANAS (GLUAY KAG)

Gluay = Banana; Kag = People of South Asian descent; legend has it that the idea of frying bananas comes from this street snack. Most gluay kag vendors also sell fried sweet potato and taro using the same batter, so you can certainly add those to your mix. TORSTAR NEWS SERVICE

Street-Style Fried Bananas are perfect as an afternoon snack or even for breakfast. CONTRIBUTED

Street-Style Fried Bananas (Gluay Kag)

Makes 24 pieces.

Ingredients:

- 1 1/2 Tbsp white sesame seeds
- 3/4 cup rice flour
- 1/4 cup granulated sugar
- 1/2 tsp salt
- 1/2 tsp baking powder
- 1/3 cup shredded coconut, unsweetened, fresh, frozen, or dried (see note)
- 1/3 cup water
- 6 Namwa bananas or 2 sweet plantains (see note)
- Oil for frying, as needed

Note: If using dried shredded coconut, let it rehydrate in 2 Tbsp of hot water for 10-15 minutes before using.

Namwa bananas are traditionally used because they hold their shape well when cooked — choose ones with just a tiny trace of green left on the skin. Sweet plantains, available at Latin American/Caribbean grocers, also work well — choose ones whose skins have turned at least 60 per cent black so they will be sweet. Regular bananas aren't an option as they turn mushy when fried for a long time.

Directions:

1. Do-ahead tips: Mix the dry ingredients for the batter in advance and add the wet ingredients when ready to fry. Peel and cut the bananas several hours in advance and keep them tightly wrapped in the fridge.

2. Toast the sesame seeds in a dry sauté pan over medium heat, stirring constantly until golden brown, about 5 minutes. Let cool on a plate.

3. In a medium-sized mixing bowl, whisk together the toasted sesame seeds, rice flour, sugar, salt and baking powder until well combined. Add the shredded coconut and mix well. Add the water and stir until combined — the batter should be thinner than pancake batter but slightly thicker than crepe batter.

4. Peel and cut the bananas lengthwise into 1/4-inch-thick pieces. If using plantains, peel and cut them into 3 sections, then slice each section horizontally into 1/4-inch-thick pieces.

5. Add about 1 1/2 inches of oil to a pot and heat to about 325°F. Dip the bananas into the batter and fry for about 5 minutes, until they are a deep pretzel-brown colour. Maintain the frying temperature below 350°F. When done, drain on paper towels or a rack.

6. Let cool just until the coating becomes crisp, then serve immediately.

Note: Based on your first batch, you can decide if you want a thicker or thinner coating by adding more flour or water. If you have leftover batter, drizzle it into the oil and fry it up into crispy, munchy bits. Many vendors add this extra fried batter into their customers' bags!

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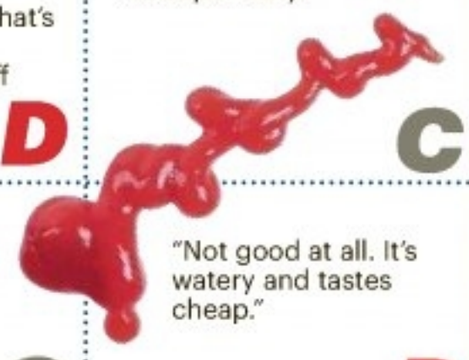
METRO'S KETCHUP TASTE TEST

Loblaws' move to take French's off shelves — then put it back — caused a ketchup revolution. Made from Canuck tomatoes, French's is getting lots of love, while Heinz, with its foreign fruit, is getting hate. Metro's foodies could tell the difference in a blind taste test, but neither ketchup won. METRO CANADA

	HEINZ 375 mL, $3.50	FRENCH'S 1 L, $4.19	NO NAME 1 L, $2.69	STONEWALL KITCHEN 488 mL, $9.99
Irene Kuan A ketchup connoisseur, Metro's digital editor is always on the hunt for the newest food trends. She loves her condiments.	"Overly sweet and sugary" with "not much of a tomato taste." **C**	"The tomato flavour is very pronounced and I can definitely taste the vinegar. It's not too sweet." **B**	"This ketchup was very runny, as though it was watered-down. It had an artificial aftertaste." **D**	"I like the viscosity of the ketchup. You can definitely taste the onions, red chili peppers and strong tomato taste." **A**
Rosemary Westwood Metro's in-house columnist is known for her strong opinions, and that includes what foods she will and will not eat.	"It's sweet but vinegary. Very normal tasting." **B**	"This is much tangier. Where's the sweet? What's with all the vinegar? I would not lick this off my fingers." **D**	"It's super salty." **C**	"Different, but hard to say. Thicker, and perhaps some heat? It tastes fresh and actual tomatoes. My fave!" **A**
Andres Plana The "I will pretty much eat anything" type, Metro's graphic designer is all about the free food samples we get dropped off at the office.	"It tasted great, and I liked the texture." **B**	"It's not as great as the first one. I don't like the aftertaste. It shouldn't have an aftertaste." **C**	"Not good at all. It's watery and tastes cheap." **D**	"Different, but definitely the best. It has a great flavour with extra seasoning." **A**



GRADING SYSTEM **A** = It better be in your fridge at all times! **B** = It's OK. Expect it on your average street meat **C** = Meh... passable. Eat it as fast as you can **D** = You're better off putting dirt on your hot dog

LIQUID ASSETS

Whiskey for Paddy's Day

Ireland has added more than its fair share of classic booze names to the liquor lexicon.

Think beers like Guinness, Kilkenny, Smithwick's, Harp and Murphy's, whiskies like Jameson and Bushmills and, of course, Bailey's Irish Cream Liqueur. Those big brands are just the tip of the Irish-berg.

Since tomorrow is St. Patrick's Day there's no better time to forget about green beer and celebrate with something less cliché. Redbreast 12 Year Old Whiskey ($74.95) has been giving mainstream Irish spirits a run for their money

with its creamy, lightly spicy flavour. As a single pot still whiskey it's made from a mash of malted and unmalted barley, which is triple distilled in traditional copper pot stills.

Try on the rocks, or with just a splash of spring water. PETER ROCKWELL/METRO

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REVIEW

Latest Chrysler 200 way better than the last

Jil McIntosh
For Metro Canada

When shopping for a car, you sometimes have to look beyond the name. Chrysler's newest 200 shares its badge with a model that was originally the Sebring, but that's all they had in common. This one is so much better, it really should have received a new title as well.

Built in Michigan and based on an Alfa Romeo platform, it's available with a Fiat-based 2.4-litre engine or, as in my 200S tester, with a Chrysler-sourced 3.6-litre V6.

Mine was further optioned with all-wheel drive, which can be added to the 200S and 200C models and is only available with the V6.

This new 200 is now in its second model year, having been introduced for 2015, and judging by my week spent in a 2016 version, it looks like the engineers have been hard at work.

My main complaint for last year's model was its nine-speed automatic transmission, which would constantly shift up and down, trying to find the right gear.

It also never seemed to work its way up to that ultimate-fuel-saving ninth gear.

This time around, my car's driveline worked seamlessly, with none of that annoying gear hunting, even on inclines where it's usually most noticeable.

And on a four-hour highway trip, the instrument cluster indicated that the transmission frequently found its way to ninth gear and stayed there.

Overall, against the car's published combined fuel economy of 10.7 L/100 km, I averaged 8.4 L/100.

> **My car's driveline worked seamlessly, with none of that annoying gear hunting, even on inclines where it's usually most noticeable.**

Its seats were very comfortable on that long drive, giving my back the support it needed.

I'd prefer buttons for the heated seat controls, though, since it's a pain to have to tap through touchscreens whenever you want to make an adjustment.

And while the rear seats are also comfy, the car's sharply-sloping rear roofline can make it tough for taller passengers to get in and out.

The 200's biggest issue is that it's up against some heavy hitters in its segment, many of which are just a bit better. Still, it has its charms, and if you're in the market, have a look.

THE CHECKLIST | 2016 CHRYSLER 200

THE BASICS

Type. Four-door, five-passenger midsize sedan
Engines (hp/torque). 2.4-litre I4 (184/173); 3.6-litre V6 (295/262)
Transmissions. Nine-speed automatic
Price. $25,395 (base), $40,265 (as-tested), plus destination

COOL FEATURES

- Active grille shutters
- Blind spot monitoring with cross-traffic alert
- Heated, ventilated front seats
- 8.4-inch touchscreen
- Heated steering wheel
- High-intensity headlights with LED fog lights

CHRYSLER 200 PHOTOS JIL MCINTOSH/FOR METRO; ALL OTHERS HANDOUT

POINTS

- The available AWD runs primarily in front-wheel but distributes power to the rear when needed, and disconnects when not required for better fuel efficiency.
- The 200 can be optioned up to considerable luxury, including adaptive cruise control, self-parking, and panoramic sunroof.

MARKET POSITION

- Although Chrysler said it will now focus on larger vehicles, the 200 and smaller Dodge Dart aren't being immediately dropped. They will live out their life cycle for about 18 months and be replaced with other products.

THE COMPETITION

Ford Fusion
Base price: $23,249

Nissan Altima
Base price: $23,998

Honda Accord
Base price: $24,150

GREEN NEWS

Range-extended Nissan in the works, while fuel-economy progress is slow

Nissan is developing a range-extended electric car, a plug-in battery electric with a small internal combustion engine that takes over when the batteries are depleted, the company says.

The automaker will unveil a new range-extended model distinct from the pure electric Leaf sedan in 2017, says Australia's Motoring magazine.

The Leaf, now the best-selling electric car in history, will continue production as an all-electric vehicle, said Yoshi Shimoida, Nissan deputy general manager for electric cars and hybrids.

There is no official hint as to what type of vehicle will get the extended-range electric powertrain, but it might be a small tall wagon (think Nissan Rogue).

Nissan previously planned to launch plug-in hybrid powertrains in larger vehicles, reserving battery electric power for smaller ones.

Meanwhile, in other green news, developed countries are not making enough progress in improving vehicle fuel economy, while the rest of the world is making virtually no progress at all, says a report by the Global Fuel Economy Initiative, a Europe-based coalition of transportation and environmental interests.

Progress in developed countries is too slow to meet what it says are necessary targets.

WHEELBASE MEDIA

There is no official hint from Nissan as to what type of vehicle will get the extended-range electric powertrain, but it might be a small tall wagon (think Nissan Rogue). HANDOUT/WHEELBASE MEDIA

Meet the 2017 Ford Raptor

The 2017 Ford Raptor is a wider, heavier, tougher and stronger version of the F-150 truck. It's intended for off-road use or for people who at least want to project a tough-truck image. It has an aluminum body, which saves an estimated 230 kilograms over the previous version.

JEFF MELNYCHUK WHEELBASE MEDIA

1 Options
The new truck arrives later this year in extended-cab (SuperCab) and four-door (SuperCrew) body styles.

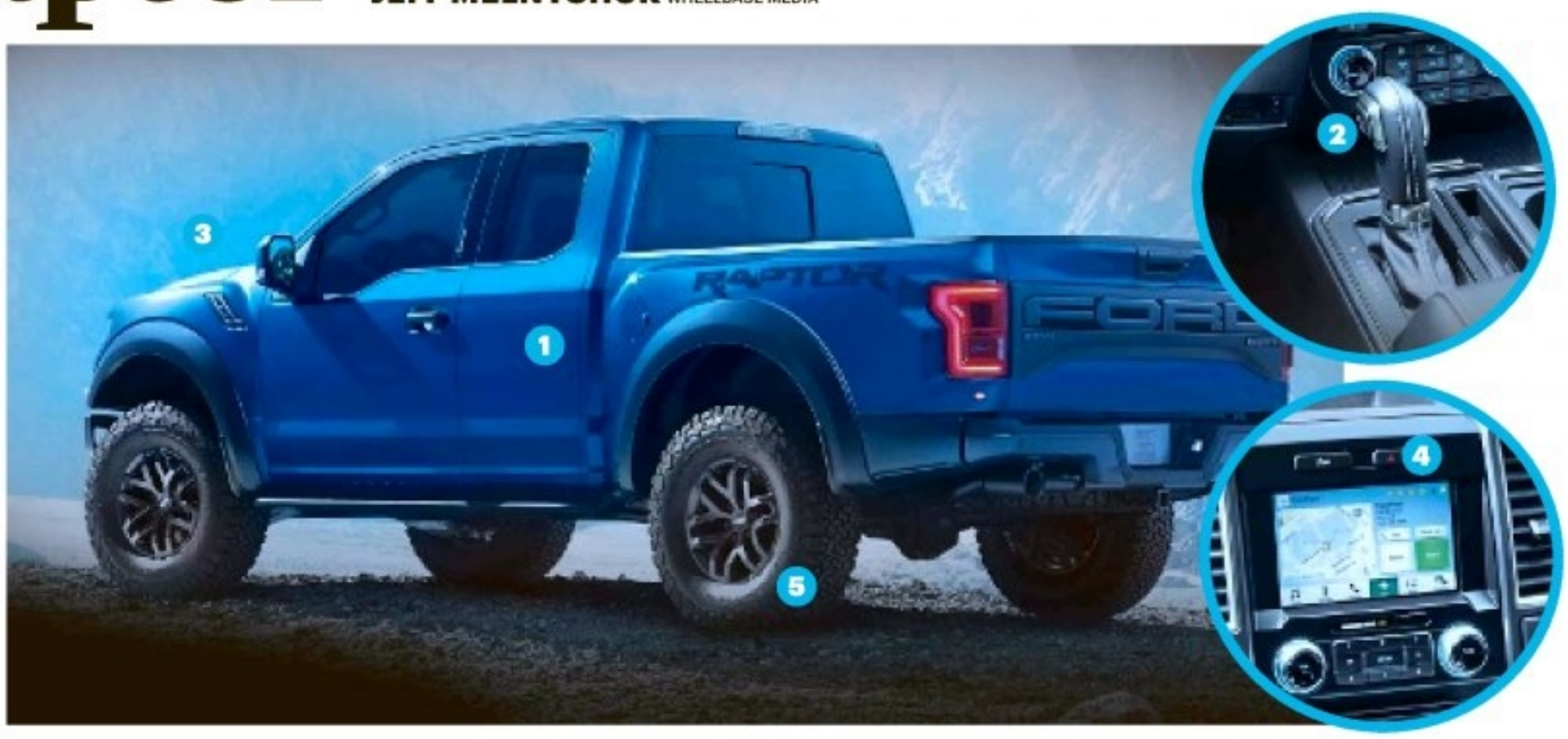
2 Transmission
New 10-speed automatic transmission.

3 Engine
There's no official power rating of the twin-turbocharged 3.5-litre V-6, but it will have more than previous V-8.

4 Cool features
Five-mode Terrain Management System has a Baja setting for high-speed desert driving.

5 Wheels
BF Goodrich all-terrain tires mounted to 17-inch wheels. The Raptor supercrew wheels are 15 centimetres wider than a regular F-150, which improves stability.

SOURCE: FORD



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ALFA ROMEO

Giulietta gets a makeover

The new Alfa Romeo Giulietta comes in hatchback and sporty models with a choice of one of four turbo gasoline engines or one of four diesel engines. HANDOUT

The Alfa Romeo Giulietta has been given a facelift for 2016 and is heading to dealerships this spring. The hatchback is set to land in a variety of trim levels and with several engine options, priced from €21,690 ($31,884) for the gas model and €24,690 ($36,294) for the diesel.

In many ways, the changes made to this revamped Giulietta bring the hatchback closer to the Giulia sedan, both in terms of appearance and the car's position in Alfa Romeo's range.

Both models share several similarities in exterior design, such as the honeycomb grilles and the front bumper. New alloy wheels and oblique exhaust tips shape the Giulietta's new look, which also brings a slight redesign to the brand badge.

In its sporty version (Veloce), the new Giulietta comes with sports bumpers and a dark chrome finish on the wing mirror covers, door handles and grille rims.

On the inside, it gets leather and Alcantara sports seats, matched with a leather steering wheel and a carbon-effect dashboard surround and door panels.

The 2016 Giulietta comes with a choice of four turbo gasoline engines (from 120 to 240hp) and four diesel engines (from 120 to 175ch). The new 120hp 1.6 JTDm diesel engine, the most cost-effective option, is announced with CO2 emissions of 99g/km and mileage of 74.3 MPG (3.8 l/100 km). The updated Giulietta is a connected car thanks to its Uconnect onboard touchscreen infotainment system, built into the central dashboard. This features Bluetooth connectivity for hands-free smartphone use (calls, SMS, streaming, radio, etc.).

Plus, some versions of the hatchback feature the Alfa Performance application for controlling the main parameters of the car and measuring performance in real time.

The Giulietta comes in five trim levels: standard, Super, Lusso, Veloce and Business. Other customization options include 11 body colours and a selection of wheel rims. The 2016 Alfa Romeo Giulietta goes on sale spring 2016.

AFP

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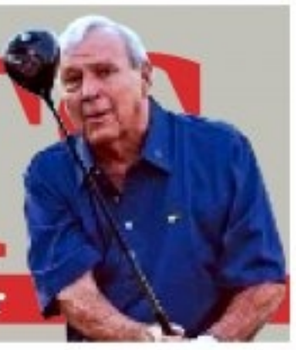

Arnold Palmer, 86, will not be hitting the ceremonial tee shot, his role since 2007, to start the Masters this year

Caps' coach seeks to cure growing pains

MLS

Rookie errors proving costly as Robinson rallies troops

Cam Tucker
Metro | Vancouver

The highly anticipated start to the 2016 season has yielded two losses for the Vancouver Whitecaps, but if there is a silver lining, it's that players and coaches believe the costly mistakes can be corrected.

But the results have exposed areas the Whitecaps, with such lofty expectations on them to begin this year, need to improve if they are to get into the win column sooner rather than later.

"I think it's been self-inflicted, which is both a positive and a negative," said goalkeeper David Ousted on Tuesday.

"Obviously negative that we're making mistakes that we shouldn't do, but on a positive, we're not meeting any teams right now that's just outplaying us."

The Whitecaps were guilty of shaky defending and not taking more of their numerous chances in the season opener versus Montreal.

Against Sporting KC last weekend, the Whitecaps found themselves down two goals before the half and down a player when 24-year-old right back Jordan Smith was sent off for a dangerous tackle.

Last season, the Whitecaps were a staunch defensive club, allowing only 36 goals, which tied them with Seattle for the least amount of goals against in 2015.

Through two games this season, the Whitecaps haven't found the same form they displayed last year on the defensive side, as illustrated by some of the goals they've given up. One of the positions under scrutiny at the moment is right back.

The Whitecaps opted to decline the option on right back Steven Beitashour's contract for 2016 — coach Carl Robinson said for cap reasons — and the club later traded the veteran defender to Toronto FC.

At the position now are Smith and 21-year-old Canadian defender Fraser Aird. Both have had their share of struggles. They're also young and largely inexperienced at the MLS level, which means growing pains for both.

"They are younger. If I could sign an experienced player back when Steven went, then I would've," said Robinson.

"I wasn't able to so I brought in these two young players and we'll continue to work them."

The Whitecaps play rival Seattle Sounders FC on the road Saturday.

The Whitecaps' Octavio Rivero (right) tries to evade Montreal's Víctor Cabrera on a tough opening day as Vancouver's 2016 season struggles to take off. JEFF VINNICK/GETTY IMAGES

RECRUIT READY

Veteran midfielder Andrew Jacobson, 30, joined his new teammates for training on Tuesday. The Whitecaps acquired him in a trade with New York City FC last week.

Robinson said he could be available for Saturday's match in Seattle.

"He didn't look too bad today. Hopefully he can try (to) be involved on the weekend at some point," said Robinson.

CAM TUCKER/METRO

CHAMPIONS LEAGUE

Injury woes return for Man City captain

Manchester City captain Vincent Kompany's injury problems resurfaced on Tuesday when he limped off just five minutes into the team's Champions League match against Dynamo Kyiv.

City manager Manuel Pellegrini said Kompany had a recurrence of a calf muscle injury and said the defender could be out for the rest of the month.

It is the 14th time that Kompany has sustained a calf injury since joining City in 2008. He has already had spells of a month and six weeks out of action this season because of calf problems. City drew the game 0-0 and advanced 3-1, reaching the quarterfinals for the first time. In Tuesday's other game Atletico Madrid beat PSV Eindhoven 8-7 in a penalty shootout to reach the quarterfinals for the third straight season.

THE ASSOCIATED PRESS

Vincent Kompany gets treatment. OLI SCARFF/AFP/GETTY IMAGES

MLS

Absence of Drogba having little Impact

A torrid start by Ignacio Piatti and Dominic Oduro has put to rest any concern about the Montreal Impact missing star striker Didier Drogba.

The Impact, thought to be punchless without the 38-year-old Ivorian, has scored six goals in its first two Major League Soccer games — a 3-2 road win over Vancouver and a 3-0 home victory against the NY Red Bulls.

Piatti has led the way with a league-leading three goals plus an assist. Drogba is set to rejoin the team briefly for a game Saturday in Dallas, but the Impact has done fine without him so far.

"We are playing for each other right now," said Oduro. "It took a while for me to get adjusted with Nacho and it's working right now. It's the whole team. We've come to the point of helping each other. We're clicking. This is the same team as last year." THE CANADIAN PRESS

CFL

Bruce will continue to fight

Arland Bruce's concussion lawsuit against the CFL is "far, far, far from over," the former receiver's lawyer said Tuesday.

Robyn Wishart said an appeal is in the works after B.C. Supreme Court Justice Christopher Hinkson dismissed the suit against the league, former commissioner Mark Cohon, neurosciencist Dr. Charles Tator, the Canadian Football League Alumni Association and every team in the league.

Arland Bruce
THE CANADIAN PRESS

Bruce claimed the defendants downplayed the effects of repetitive head trauma and misrepresented player safety issues about concussions.

In a written ruling Friday, Hinkson said the issues raised in the lawsuit are part of a collective bargaining agreement between the league and the CFL Players' Association and must be resolved through their processes, not the courts.

"The appeal is going to be based on the fact that the CFL Players' Association is not the exclusive bargaining agent for the players," Wishart said.

THE CANADIAN PRESS

IN BRIEF

Injured Encarnacion will be ready for opener

Toronto Blue Jays slugger Edwin Encarnacion will be sidelined for at least a week because of a strained side.

Manager John Gibbons calls it a "minor oblique problem" and expects Encarnacion to be ready for the April 3 opener at Tampa Bay. The two-time All-Star was expected to make his spring debut this week.

The Jays tied the Orioles 6-6 as Baltimore's Chris Tillman failed to make it out of the second Tuesday. Jose Bautista and Chris Colabello batted in runs in the first while Dalton Pompey tied it on a solo shot in the ninth. THE ASSOCIATED PRESS

Lowry covers for DeRozan

Kyle Lowry scored 25 points and the Toronto Raptors, despite resting leading scorer DeMar DeRozan, had no trouble with the Milwaukee Bucks in a 107-89 victory Tuesday night.

Giannis Antetokounmpo had 18 points, 12 rebounds and nine assists in 35 minutes for Milwaukee.

DeRozan, who averages 23.8 points per game, was in uniform but didn't play after starting each of the team's first 65 games.

THE ASSOCIATED PRESS

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Lightning given a good shock by Leafs

NHL

Carrick, Smith bag first goals of season in unlikely rout

Ben Smith and Connor Carrick scored their first goals of the season as the Toronto Maple Leafs defeated the Tampa Bay Lightning 4-1 Tuesday.

With the win, the Leafs (24-34-11) have won back-to-back games and picked up points in four of their last five.

Zach Hyman and P.A. Parenteau added empty-net goals while Jonathan Bernier made 26 saves for his ninth win of the season. Brian Boyle had the lone goal for Tampa Bay (40-25-5). Andrei Vasilevskiy stopped 20 shots in the loss. The Bolts drop to 7-2-0 in their last nine road contests. Toronto snapped its three-game losing streak against Tampa Bay with the win. The two clubs meet for a fifth and final time on March 28.

Tampa Bay's Michael Blunden, left, battles against Maple Leafs' Connor Carrick, centre, as Maple Leafs goalie Jonathan Bernier watches for the puck. THE CANADIAN PRESS/MARK BLINCH

With the Leafs leading 1-0, Peter Holland had two excellent opportunities 2:35 into the third period, but was unable to solve Vasilevskiy.

Boyle tied it 1-1 at 6:33 of the third period beating Bernier low blocker side for his 11th of the season. The goal snapped Bernier's shutout streak at 108 minutes and 48 seconds. Smith restored Toronto's one-goal lead at 9:07 of the third period putting the rebound off of Michael Grabner's shot between the legs of Vasilevskiy. It was Smith's first goal since March 29, 2015, while with the San Jose Sharks.

Carrick opened the scoring one timing the rebound off of Holland's shot at 13:34 of the second period. It was Carrick's first goal since Oct. 3, 2013, while a member of the Washington Capitals. The Leafs continue their six-game home stand on Thursday when they host the Florida Panthers. Elsewhere, the struggling Montreal Canadiens were beaten 4-1 at home by the Florida Panthers and the Ottawa Senators prevailed 3-2 in overtime against the Minnesota Wild. THE CANADIAN PRESS

TUESDAY in Toronto

4	1
LEAFS	LIGHTNING

IN BRIEF

New Canuck Tryamkin set to make debut vs. Colorado

Nikita Tryamkin is expected to make his Canucks debut on Wednesday against the Colorado Avalanche at Rogers Arena. Tryamkin, the towering Russian defenceman, signed with the Canucks last week after his KHL season came to an end.

Even before he inked a contract with the Canucks — the team that selected him in the third round of the 2014 NHL Draft, just prior to his 20th birthday — and his subsequent arrival in the city, there has been a steady curiosity about what exactly Vancouver has in a player that has garnered comparisons to Boston Bruins defenceman Zdeno Chara based on their size. Tryamkin is big – six-foot-eight — and talented.

But head coach Willie Desjardins said it would be unfair to put large expectations on Tryamkin ahead of his NHL debut.

"If he could be a top-six 'D' man right now, that would be great. That's a lot to ask for him right now," said Desjardins. CAM TUCKER/METRO

UN suspend Sharapova's role as ambassador

A United Nations agency says it has stopped working with Maria Sharapova pending the tennis star's doping case.

Sharapova faces being banned by tennis authorities after testing positive for meldonium, a blood-flow enhancing medication.

The New York-based United Nations Development Program says "in light of Ms. Sharapova's recent announcement, we last week suspended her role as a Goodwill Ambassador and any planned activities while the investigation continues." THE ASSOCIATED PRESS

Maria Sharapova GETTY IMAGES

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RECIPE Cobb Salad

Ceri Marsh & Laura Keogh
For Metro Canada

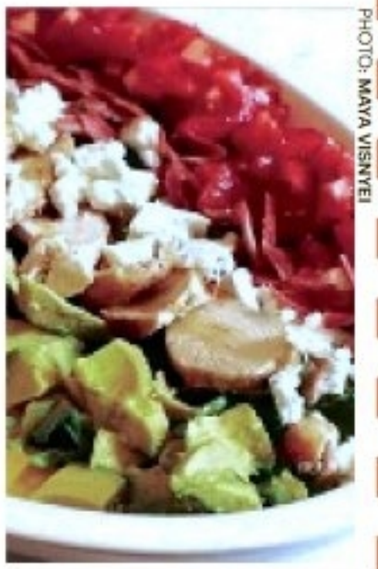

PHOTO: MAYA VISNYEI

An American classic, the cobb salad offers plenty of vitamins and minerals courtesy of the avocado, chicken and tomatoes.

Ready in
Prep time: 15 minutes
Total time: 25 minutes
Serves 4

Ingredients
- 6 bacon slices
- Head of lettuce (I love the crunch of romaine)
- 4 oz feta, crumbled
- 1 avocado, in 1-inch dice
- 2 tomatoes, in 1- to 2- inch dice
- 2 chicken breasts

For marinade:
- 2 Tbsp olive oil
- 3 cloves of garlic, minced
- 1 Tbsp fresh thyme
- 1/4 cup white wine vinegar
- 1 tsp salt
- 1/2 tsp pepper

For dressing:
- 1/3 cup white wine vinegar
- 1 Tbsp dijon mustard
- 2 tsp honey
- 1/2 cup olive oil
- Salt and pepper to taste

Directions

1. Whisk together ingredients for marinade. Place chicken in a shallow bowl and cover in marinade. Cover in cling film and place in the fridge for 10 to 30 minutes.

2. Place dressing ingredients in a jar, shake to mix with lid on.

3. Sauté bacon until crisp. Drain on a paper towel. Cut or crumble into small-ish pieces.

4. Bake the breasts in the oven at 375 F; for about 35 minutes or until the internal temperature reaches 165 F. Allow meat to rest for a few minutes and then slice across the breasts to make thin strips.

5. Wash, spin and chop the lettuce. Toss with dressing, maybe 1/4 cup or so. Make a thin layer of dressed lettuce on a large platter. Next arrange your ingredients in stripes down your platter. Serve with dressing.

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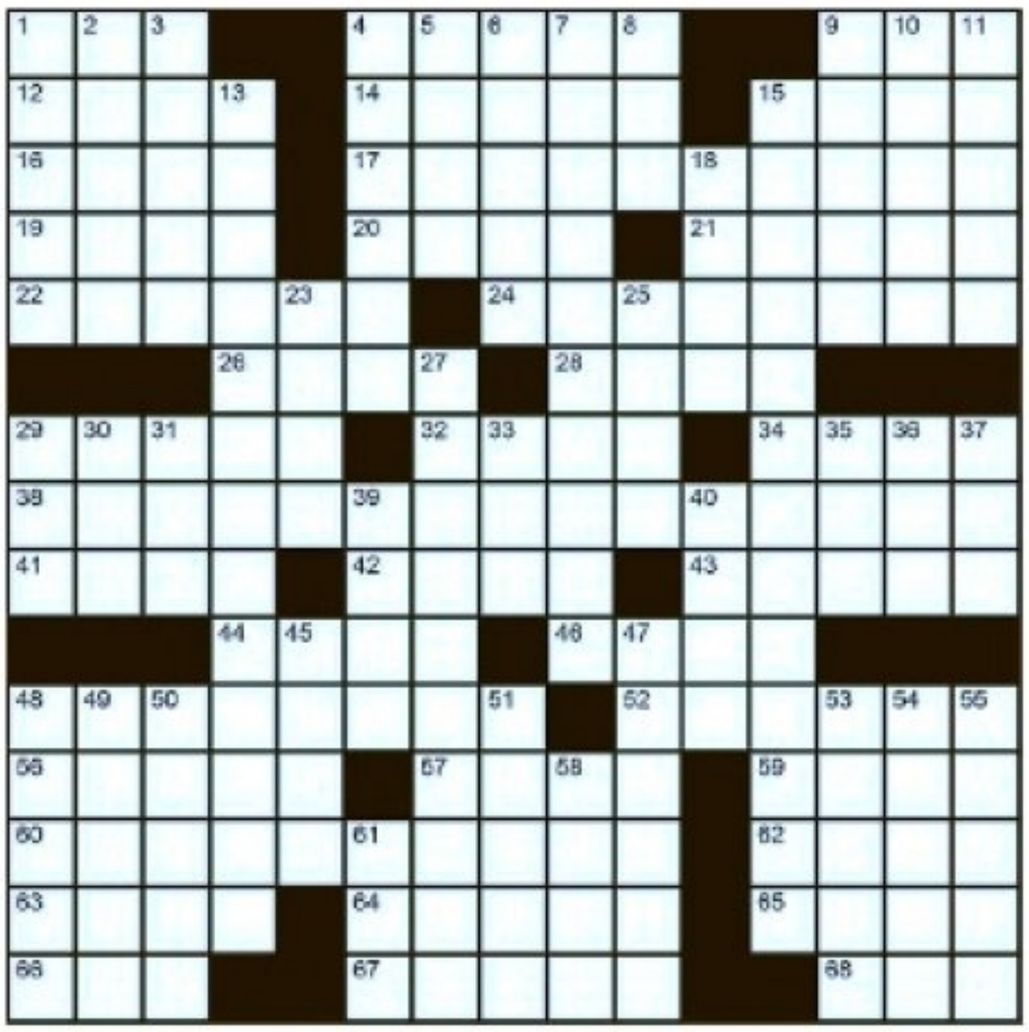
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Global currency org.
4. "For __ Know" by The Carpenters
9. Drummer Mr. Starkey
12. Salad alternative
14. Coup _'__ (Quick look)
15. Donned
16. Title of Rihanna's latest album
17. Bodybuilding title: 2 wds.
19. Big deals
20. "__ No Sunshine" by Bill Withers
21. Singer Mr. Neville
22. Agree
24. Bangle bauble
26. Flush
28. Rocker David Lee
29. Poetry
32. __ iris (Rainbow, in Spain)
34. Biblical twin
38. Christopher Plummer's role in "The Sound of Music" (1965): 3 wds.
41. Baby __ (Nestle chocolate bar)
42. Buzz Aldrin's famous employer
43. Stoppages
44. H.G. Wells frugivores
46. Chase, police car style
48. Makes certain
52. Sweater styles
56. _,__ ('Dine in the Dark' restaurant in Toronto and Montreal)
57. Work __ solution (Solve the problem)
59. "Full Metal Jacket" (1987) actor, _. __ Ermey
60. Music style for Liverpool band Gerry and The Pacemakers
62. ___ (Precisely)
63. Rock venue pit
64. __ lot (Enjoys the buffet)
65. Quite
66. Noah's boat
67. More humorously ironic
68. English novelist Mr. Lawrence, et al.

DOWN
1. Oscar __, "Star Wars: The Force Awakens" (2015) actor
2. World, in Rome
3. Loft furniture piece
4. From Sea to Sea: 'A Mari Usque __ __' (Canada's motto)
5. Ms. Singer
6. "MasterChef Canada" judge, Alvin __
7. Packed away garb in Spring: 2 wds.
8. High Priest in the Old Testament
9. 'Z'-marking swordsman
10. Torching crime
11. Carolyn __ (Name behind 'Nancy Drew' stories)
13. Astrological sign/symbolism: 3 wds.
15. 'Freezing Rain' and 'Extreme Cold' from Environment Canada: 2 wds.
18. Extensive
23. Iris spot
25. Werewolf's light
27. Vancouver Island treat: 2 wds.
29. TV hookup, once
30. Montreal faucet liquid
31. __. card (Gradeslister)
33. Li'l campground sights
35. Mr. Mineo
36. Pertinent
37. Increases
39. Q. "Excuse me, where's the surgeon?" A. "She's __ __ right now."
40. "The __ Red Line" (1998)
45. Read: French
47. Computerized human
48. Pausing punctuation
49. Just __ __ two (Not as many as three)
50. 'Norwegian', in Norway
51. Fatty, as some meat
53. Sky's white cotton candy
54. Mike Hammer portrayer Stacy
55. Mr. Rogen's
58. Zap
61. Archery wood

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You are beginning to realize that your fears were unfounded and by the weekend you'll wonder how you allowed yourself to get so worked up about nothing. Life is about attitude. Stay positive.

Taurus April 21 - May 21
If you doubt someone's honesty you must err on the side of caution. The planets warn that what others say and what others mean are likely to be two entirely different things today.

Gemini May 22 - June 21
Stick to familiar methods and routines and don't be tempted to try something new just because you want to look fashionable. Rivals will be delighted if you get it wrong.

Cancer June 22 - July 23
You know you're destined for bigger and better things but knowing isn't enough, you've got to actually make them happen. Opportunities for advancement are coming your way.

Leo July 24 - Aug. 23
Don't try to force people to do your bidding today because even if you succeed it will create resentment that comes back at you. Coercion is always a poor option, especially when you are so good at persuasion.

Virgo Aug. 24 - Sept. 23
Someone you work or do business with is determined to provoke a fight — and you are happy to let it happen. Sometimes it is best to get bad feelings out of your system.

Libra Sept. 24 - Oct. 23
You have a lot of things on your mind, so give yourself time to think before making your next big move. Also, take notice of what friends and family members tell you. They may have relevant information.

Scorpio Oct. 24 - Nov. 22
Make sure there's no way employers or other important people can criticize you for your work. There is a danger you might take your reputation for granted.

Sagittarius Nov. 23 - Dec. 21
It may seem you're being held back from following your dream but in a matter of days you'll be free to do as you please. All the delays and frustrations will soon be a thing of the past.

Capricorn Dec. 22 - Jan. 20
Think before you act, especially if there is money changing hands. You are eager to succeed but the planets warn you could easily be taken in by someone who knows how to play on your desires. Be careful.

Aquarius Jan. 21 - Feb. 19
Don't let anyone tell you that your goals are not legitimate. You're heading in the right direction, so ignore what others say and follow your dreams. You're close to success.

Pisces Feb. 20 - March 20
Start thinking of ways to boost your income. Some of your money-making ideas may be a bit far-fetched but it's better that you explore all possibilities than none at all.

CONCEPTIS SUDOKU by Dave Green

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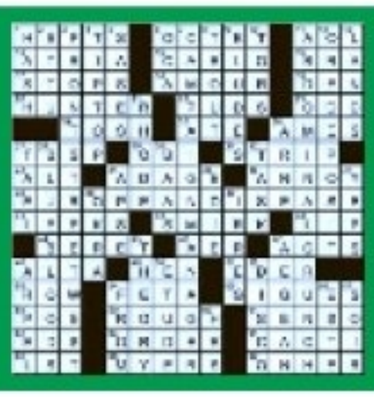

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2	8	1	5	7	9	3	4	6

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